



NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP

# CO-OP COMMONS

NURTURE

2015 Winter Issue

COMFORT

# BEGIN



## IN THIS ISSUE:

Board News	3	Co-op Giving	13
Meet Ben	5	Pick Protein	14
Beets Are Best	8	Make Soup!	16



PORT TOWNSEND  
FOOD CO-OP COMMONS

Quarterly Newsletter of the  
Port Townsend Food Co-op

[www.foodcoop.coop](http://www.foodcoop.coop)  
[info@foodcoop.coop](mailto:info@foodcoop.coop)  
[www.facebook.com/PortTownsendFoodCoop](http://www.facebook.com/PortTownsendFoodCoop)

414 Kearney St.  
Port Townsend, WA 98368  
360-385-2883

OPEN DAILY  
Mon-Sun 8am-9pm

#### MISSION STATEMENT

Seeking to uphold the health of our community and world, Port Townsend Food Co-op, a consumer cooperative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life affirming democratic organization.

#### PRINCIPLES

1. Voluntary & Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy & Independence
5. Education, Training & Information
6. Cooperation Among Co-ops
7. Concern for Community

#### MEMBER-OWNED

- no annual fees
- one time \$5 sign-up fee
- \$2 payments every month you shop until \$100 capital investment achieved = a paid-in-full membership!

#### EDITORIAL STAFF

Kathie Meyer, Managing Editor  
[kathie@foodcoop.coop](mailto:kathie@foodcoop.coop)  
Mindy Dwyer, Graphic Artist  
[mindy@foodcoop.coop](mailto:mindy@foodcoop.coop)

SUBMISSIONS of interest to the community are gladly accepted. Please drop off articles for consideration at the Co-op c/o Food Co-op Commons or email [info@foodcoop.coop](mailto:info@foodcoop.coop). Include your contact information. Submissions may be edited for length or content.

Printed using recycled paper and vegetable-based inks.

Opinions expressed in this newsletter are the writer's own and do not necessarily reflect Co-op policy or good consumer practice.

# At the Table

KATHIE MEYER, Managing Editor & Outreach/Education/Marketing Manager

Once, when I was in a San Diego grocery store, I saw a man buy about three grocery bags full of food, but when the register gave him the total, it was under \$10 because of all the coupons he used. I turned to him and said, "Dude, you are my hero today."

But when I returned to my hotel room and told the people I was traveling with what I had seen, one of them said, "Yes, but usually those coupons are for processed food that really isn't any good for you."

Ah, now there's the rub. How to get the best food for the best price? The answer is simple: use the Co-op Special Order Program. This is the best, cheapest way to buy food from our store, and it is only available to our member/owners.

I never used this member/owner benefit until I started working for the Food Co-op, but now I'm a believer. I keep all of my forms in a file folder because it helps to have the numbers handy for repeat orders and also I can track how much money I'm saving. In 2014, my savings for the year totalled \$245.28. Right there, I have paid for my \$100 membership fee almost two and a half times.

The tricks to maximizing your Special Order Program savings are:  
➔ Buy things that store well or can be frozen, dehydrated, or canned.  
➔ Buy products that are on sale (You'll save money even if the

product isn't on sale, but this will really decrease the price. Is there a coupon on the shelf? You can use those for special orders too!)  
➔ Buy the products that you use most often.

For the most part, my 2014 savings centered around three products: Equal Exchange French Roast coffee bought 10 lbs. at a time, cases of mineral water, and cases of Annie Chun's potstickers. Why potstickers? Because they are my go-to when I am too exhausted to cook, and they make a great soup. I just ordered two cases because they're on sale until Feb. 3!

Speaking of soup, I also split a case of chicken broth with a co-worker (yes, you can do that) when it was on sale during the holidays. Other things I bought were canned tomato paste and sliced black olives. I split a case of strawberries with another co-worker, too. You can buy virtually anything we sell in the store through the Special Order Program, but the rules are different for different vendors. Any time you aren't sure what to do, ask our staff at the Member Services Desk, and they will help you.

I admit that, in the beginning, the Special Order Program intimidated me. This is why I created a class to explain how to use the program to member/owners. You don't have to sign up; just show up! Check out the calendar in this newsletter on page 14 for the specifics.

I hope to see you there!



## Potsticker Soup

You may vary the kind and/or quantity of vegetables, but I do feel that it isn't potsticker soup without the bok choy and carrots. The key is to be careful not to overcook the vegetables. You want the bok choy and the broccoli to be slightly crunchy.

#### Ingredients:

- 6 cups soup broth
- 2 Tablespoons seasoned rice vinegar
- 1 Tablespoon low-sodium tamari sauce\*
- 2 teaspoons garlic, minced
- 2 packages Annie Chun's potstickers
- 1 lb. baby bok choy, chopped and sliced
- 1 medium carrot, grated
- 1 cup broccoli florets
- 1 cup shitake mushrooms, stems removed, sliced
- ¼ cup green onions, thinly sliced
- ¼ cup fresh cilantro, chopped
- 1 Tablespoon toasted sesame oil\*

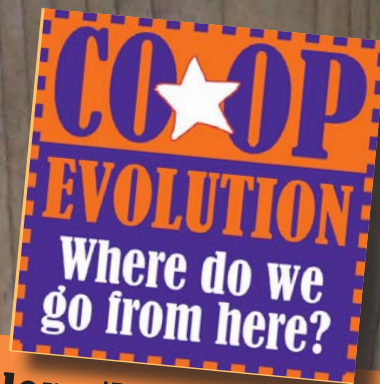
#### Directions:

1. Combine broth, vinegar, tamari sauce, and garlic in a 5-6 quart pan; cover and bring to a boil over high heat.
2. Add potstickers and return to a boil, then reduce heat and simmer, covered, for 4 minutes.
3. Meanwhile, chop bok choy leaves and slice bok choy stalks crosswise. Add bok choy, carrot, and broccoli to soup and return to simmer. Cook 2-4 minutes longer, uncovered.
4. Stir in shitake mushrooms, green onions, cilantro, and sesame oil and cook for another minute or so. Ladle soup into bowls.  
Makes four servings.

\*Available in the Food Co-op bulk food section. Buy only as much as you need!

"Nurture your mind with great thoughts. To believe in the heroic makes heroes." – Benjamin Disraeli

# A Call to Action



## Do You Care About Local Food? Of Course You Do!

Run for the Co-op Board - Join Our Crew  
Your Co-op Needs You!

Come and SEE what we do:  
Drop by a board meeting at the Co-op Annex  
2482 Washington Street  
5:30pm on the first Tuesday of each month

### Mid-February:

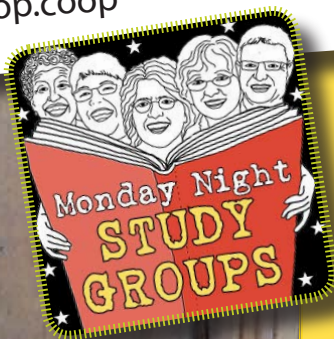
Pick up a Board Candidate Packet  
from the Member Services Desk

**MARCH 15, 2015 DEADLINE**

For more info, contact Board Assistant, Rachel,  
379-5798 or email [boardassistant@foodcoop.coop](mailto:boardassistant@foodcoop.coop)  
or contact Board members at  
[coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop)

## Stay Informed!

Check the Board's Board at  
the front of store for updates.



## Help us explore the long-range needs for our facility

Participate in events, forums, and meetings.  
Check the Board's Board (at the front of the store)  
or [foodcoop.coop](http://foodcoop.coop) for dates and further info.

### Phase I: Define Facility Needs

Take the On-line Poll - COMING SOON!

### Phase II: Identify Options

### Phase III: Evaluate & Decide Preferred Option

### Phase IV: Preliminary Design & Member Approval

### Phase V: Implementation

## New Activity!

Come to discuss issues and brainstorm solutions

### Member & Board Study Groups

**Mondays, 6:30-8pm**

Co-op Annex, 2482 Washington St.

#### January 26

#### What Does It Mean To Be A Co-op?

Screening of the documentary "Food For Change"  
prior to the discussion

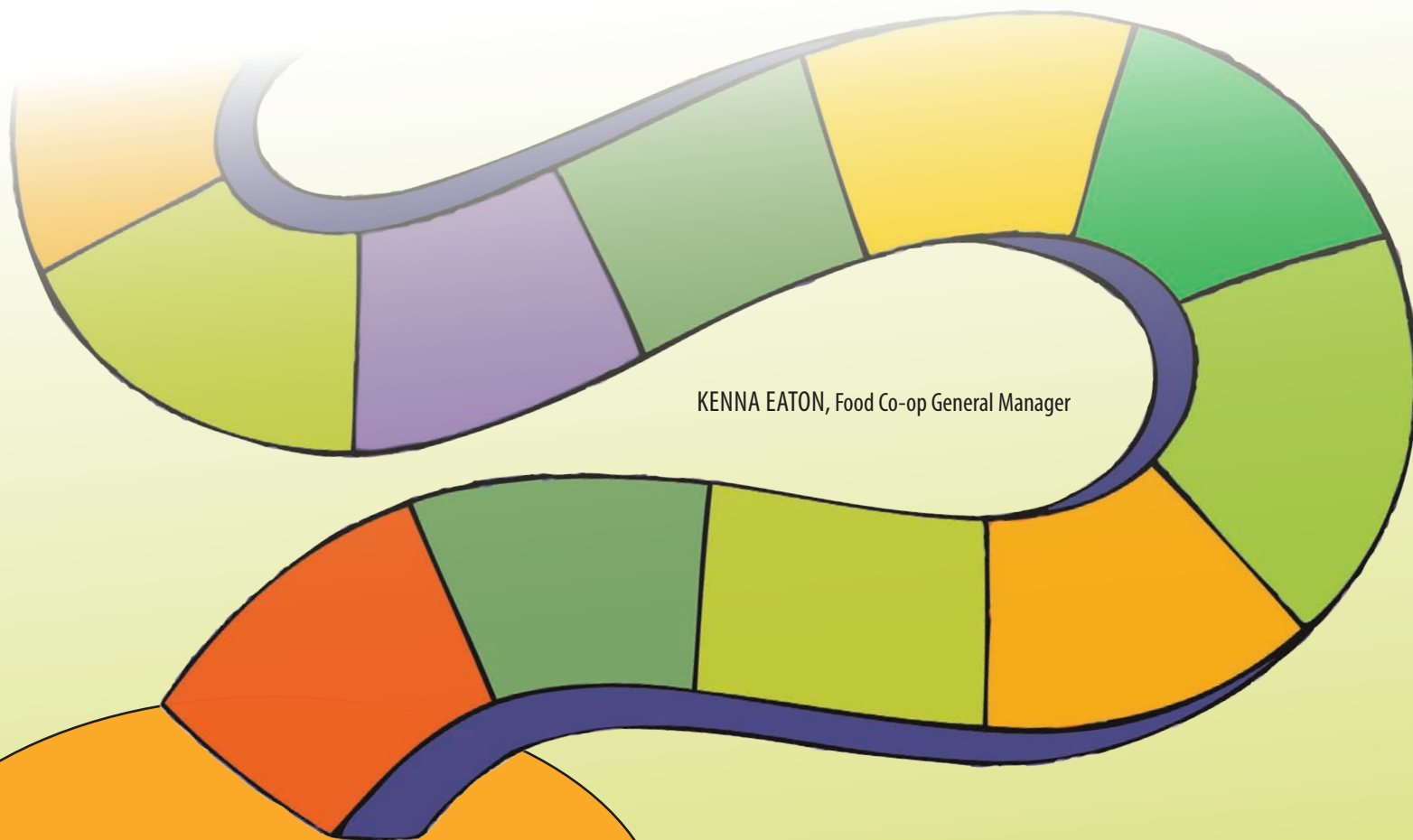
#### February 2, 9, 16, 23

#### How Can We Be Ethical Consumers?

A series of related discussions, based on the North-west Earth Institute's course, "Hungry for Change: Food, Ethics and Sustainability"

"Our lives begin to end the day we become silent about things that matter." - Martin Luther King, Jr.

# Where Do We Go From Here?



KENNA EATON, Food Co-op General Manager

**“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”**

**– John Quincy Adams**

**R**ecently, this quote helped me accept that, although we’ve been talking for over a year about expanding our Co-op, it is clear we need to talk more before we take action. From my point of view, watching our staff daily tackle the challenge of working in too small quarters, it is not an option to do nothing. If you remember, we previously talked about expanding at this current location – an option that offers no additional parking. And that was before we realized our storm drains need big, expensive help if we are to stay here and stay dry. Then we wondered about the possibility of building or moving to a store elsewhere that meets our needs. What would it look like, and where would it be? There are so many questions which then lead us to ask: What can we do? And how best to do it?

This is where you can help us.

In the next few months, we have planned a series of events to get our member/owners’ input. On January 5, we scheduled a member/owner meeting to dream BIG about our facility asking how can it best meet our needs for the next 20 years? Our stellar “Evolutionary Road Crew” hosted the event, gathered those dreams, and now wants help to prioritize them. We know we might not be able to do everything all of our members would like, so we’ll need to rank them in order of importance through the use of an on-line opinion poll, much like the ones used in the past. What we want from this step is a starting point from which we, the Board and I, build a working agreement of our facility needs. The Board then identifies a variety of possible strategies and evaluates them to choose one preferred path.

Certainly the topic will come up at our Annual General Meeting on Sunday, May 31. Sometime later this summer or early fall, we will make the final decision on which path to pursue. Once we have made a decision, we will ask for your support through a vote on whether or not we might want to borrow money for this next step.

Let’s remember to have both patience and perseverance, so we can together experience the magic that is our Co-op.

**“Do the difficult things while they are easy, and do the great things while they are small.  
A journey of a 1,000 miles must begin with a single step.” – Lao Tzu**



# Ben

Cashier

**past jobs**  
Wicker/roller at Coyote Candles, Fort Worden, retail in Chicago, volunteer at the Boiler Room

**books you will find by his bedside**  
Stephen King  
Richard Scarry

**most desired skill**  
How to mix and beat match – it's a DJ thing!

**real life hero**  
His dad

**favorite music**  
Beats Antique (a neo belly dance electronic music group)

**simple pleasures**  
Writing poetry & cooking Pan-Asian cuisine

**Something you might not have known**  
Ben dances with fire!

**Cashier**  
What he likes most about his job are the smiles, and that he takes part in people getting good food.

**family**  
Ben grew up in PT and toddled around the old uptown Co-op!

**favorite spot in PT**  
On top of the Fort

**one wish**  
That people could communicate

**one extravagance**  
Unlimited air travel miles!

**most desired trait**  
Diligence

**favorite superhero**  
QuickSilver



Tracy  
September



Crystal  
October



Mike  
November

## anniversaries January, February, March

**20 years**  
Bev Mustin, Gale Wallis, Skylark Beck

**14 years**  
Aaron Carver, Karolyn Boyd

**13 years**  
Deborah Schumacher, Anne Steurer, Dan Goldstein

**9 years**  
Teresa Swindell, Layne Day

**8 years**  
Derek Christensen, Rob Robbins

**6 years**  
Mindy Dwyer, Chandra Wright, Debbie Vanderbilt

**4 years**  
Crystal Neu, Kenna Eaton, Mario Gonzalez

**2 years**  
Rodney Just, Brendan Johnson, Jessica Haynes, Benjamin Lichty, Cameron Boyd

**1 year**  
Lisa Jensen

*Anniversaries are calculated from date of most recent hire for paid employment and may not reflect previous years of employment or work as a volunteer.*

## hearty thank you

Employees may be nominated by managers, team leaders, peers, or Co-op members for exceptional work performance, exceptional customer service, significant cost savings, efficiency or productivity, or supporting another team. Of the nominations, one staff person is chosen each month.

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself." – Alan Alda

# Staff Picks

## SO DELICIOUS Vanilla Coconut Milk Yogurt

"Smooth, velvety texture blends well with sweet or savory. Great on its own, in sauces, dressings, or fruit salad."

- Aaron/  
Produce  
*chill case/dairy*



## ORGANIC TULSI TEA MASALA CHAI

"A tasty tea with the stimulating flavor of chai. I like to drink it hot, straight up on a cold winter night."

- Estelle/Food  
Services  
*aisle 2*



## FOOD SHOULD TASTE GOOD

"Tortilla chips and kimchi - the two best flavors combined into a totally unique and delicious snack. Love to eat it with a sweet mango salsa to balance the saltiness!"

- Jonathan/  
Food Services  
*chip aisle  
behind  
produce*



**L**  
LOCAL

**GF**



**PRIMAL  
ISLAND  
Grain Free  
Granola  
New flavor!  
Blueberry  
12 oz./aisle 4**

*Local*

**L**  
WA



**ALAFFIA**  
**Shea Butter Bar Soaps**  
*Pineapple Coconut, Sandalwood Ylang  
Ylang, Raspberry, Lemongrass Citrus,  
Fresh Lavender/Wellness*

*awakening your consciousness  
through medicinal mushrooms*



**ASCENDED GROUNDS**  
**Reishi Mushroom  
Drink Sweetener &  
Chocolate Espresso Beans**  
*2 oz./checkstand 2*



**FOOD CO-OP GROWLERS**  
**64 oz. amber glass for  
your favorite liquids**  
*1 liter/mercantile*

"My hope is that we continue to nurture the places that we love, but that we also look outside our immediate worlds." – Annie Leibovitz



**BLUE MOUNTAIN**  
Cherry Hard Cider  
6.2% alcohol/aisle 5



**BOB'S RED MILL**  
Super-Fine Cake Flour  
3 lb./aisle 5



**MILTON**  
Gluten Free Crackers  
3 flavors  
4.5 oz./aisle 2



**LUNDBERG**  
Hemp Rice Cakes  
9.6 oz./aisle 2



**BOB'S RED MILL**  
Gluten-Free 1 to 1  
Baking Flour  
22 oz./aisle 5



**GLASS BOTTLE**  
with clamp lid  
1 liter/merchantile



**LEAF PEOPLE**  
Organic Skin Care Line  
Wellness

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." – Mark Twain

# The Amazing Mung



SIDONIE WILSON, F.E.A.S.T. Culinary Studio



I don't know if you've eaten many mung beans. I know I hadn't, until delicious recipes kept arriving in my kitchen. I thought mung beans were only for sprouting and then eating raw, which is OK, but to tell you the truth, after college communal housing days where every mung bean was sprinkled with tamari and brewer's yeast, and eaten with chopsticks, I thought I'd be good to just move on, and skip the mung.

I was wrong, because the mung is amazing. First off, it's a powerhouse of protein, fiber, minerals, and vitamins. Second, this bean provides us with impressive defenses against heart disease, diabetes, cancer, and obesity. In Chinese medicine, mung beans are used to clear heat and toxins from the body, balance the organs and skin, and tonify Qi.

Unfortunately, it doesn't matter how "good for us" a food is, because we won't eat it if it's not delicious, or we don't know how to cook it. Fortunately, the rest of the world has already solved these issues with a diversity of cooking methods and recipes for the mung bean.

In India, mung beans are used whole for soups. They're split as moong dal for flavorful stews. They're fermented and puréed for crepes (pesarattu dosa), and fritters (moong dal bhajiyas). It surprised me how extensively mung beans are used in sweets, both in India and Asia. One Indian example is moong dhal laddoo, an easy-to-make, truffle-like dessert.

In Korean cuisine, mung beans are made into savory pancakes called

pajeon. They're used as a breakfast porridge called juk. Mung beans are also used to make cellophane noodles throughout Asia.

The list goes on. In China, we find mung bean sprouts, and the black bean filling for moon cakes is made of mung beans. In Iran, mung beans are cooked with root vegetables, especially turnips and kohlrabi for a classic winter soup. In Turkey, they are made into salads with pomegranates and lemon.

● A few of the techniques I use for making mung bean dishes are: Roast whole mung beans in a cast-iron skillet until fragrant, cool, and then split them in a food processor for several minutes; the green skins will slip right off, and the beans will crack in two. Sieve the skins out, (I use them in stock). The split mung is called moong dal and is the base for many Indian dishes.

● Soak whole beans for 24 hours and then grind them in the food processor with water until they're a creamy paste. The paste is then fermented overnight, salt added and used for Indian dosas, or the base for Korean pajeon.

● Cook beans, soaked for 24 hours, in your rice cooker. Cover them with three inches of fresh water, and set for the white rice cycle. Check on them every five minutes because they will be done before the end of the cycle. You can also make moong dal in your rice cooker using this method. Cooked mung beans also make a fabulous, quick hummus.

"Food and love are all intertwined at our core level. It can be a very nurturing, wonderful, loving thing." – Jami Attenberg



# Mung Bean Walnut, Scallion, and Pomegranate Salad (mas piyasi)

## A traditional Gaziantep recipe

I've put this salad on the menu of numerous events because it always receives such rave reviews. People are surprised that it's made of mung beans. I think it's a great "think again" introduction for those unsure of eating the amazing mung.

The mung beans need to be pre-soaked for 24 hours before cooking, so put them to soak, covered by an inch of warm filtered water, at breakfast the day before you make the salad. Pre-soaking all beans and grains is an important step in getting the full nutrition from your food, and making it more digestible.

### Ingredients

- 1 cup dry mung beans
- ½ cup scallions, thinly sliced
- 1 teaspoon garlic, crushed
- ½ cup parsley, chopped
- 1 teaspoon Aleppo pepper (or ½ teaspoon paprika and ½ teaspoon crushed red pepper flakes)
- 1 teaspoon sea salt or to taste
- ¼ cup fresh lemon juice
- 1 teaspoon lemon zest
- ¼ cup fresh pomegranate seeds
- 1 teaspoon pomegranate molasses (or pomegranate concentrate with a little honey)
- ½ cup walnuts, toasted and chopped

Drain off the water and cook beans in a heavy saucepan in 3½ cups fresh water at a low simmer, until firm/tender, not mushy. Because of the long soaking, they'll cook quickly. When done, drain the beans, and reserve ½ cup of the cooking water. Allow the mung beans to cool a bit before adding the rest of the ingredients, including the reserved water. Set aside to infuse the flavors for a couple of hours, then taste and correct the seasoning and serve at room temperature.

Makes about three cups.

Adapted from *The Cooking of the Eastern Mediterranean* by Paula Wolfert



## PATRONAGE DIVIDENDS ARE A GO!

LISA BARCLAY, Board Secretary

Thank you, member/owners! We had a great turnout for the vote on our Revised Articles of Incorporation – a change that permits us to issue patronage dividends. Nine hundred and seventy three member/owners cast ballots, one of our strongest voter turnouts ever. The final count was 915 “yes” votes and 58 “no” votes.

Some members have voiced concern that patronage dividends seem like a capitalistic enterprise, but don't let the word “dividends” mislead you. Patronage dividends are an old cooperative strategy, adopted by our seminal co-op, The Rochdale Society of Equitable Pioneers, founded in 1844. Perhaps, for clarity, we should call them “member patronage dividends.”

We have a few more steps to take before we can distribute any dividends. On January 1, we began keeping the necessary records. In the next few months, we will set up the procedures for the system: how to notify members; how to distribute patronage dividends; how to enable members to easily donate their patronage dividends, if they wish, etc. Then, in 2016 and beyond, each year we have a profit, the board decides whether to distribute member patronage dividends, and you will be able to choose between cash, a store credit, or a donation to a local nonprofit.

Thank you all for participating!

## HAVE YOU NOTICED?

We have installed new paper for our cash register receipts. Unlike the previous unrecyclable Bisphenol S (BPS) paper, this paper is recyclable.

“The only active ingredient in it is vitamin C. That's why the paper is yellow,” said Front End Manager David Dunn.

Cash register receipt paper is a non-food item and is therefore not regulated by the FDA. Still, the existence of phenol in BPS paper was harmful to the watershed. The phenol-free, citrus-based paper just became available in October 2014, and Dunn ordered it soon thereafter. The price of the register rolls is actually less than the BPS rolls, and that made the switch twice as attractive, he said.

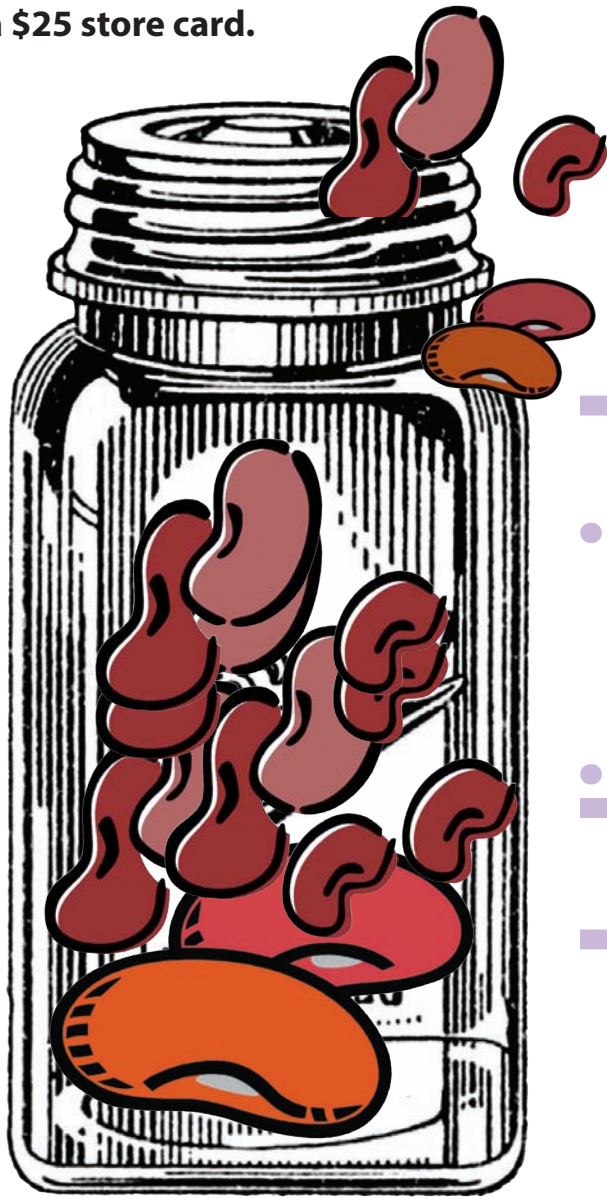
We believe we are the only local grocery store thus far to use this new paper.



“We have it in our power to begin the world over again.” – Thomas Paine

# Not Just For Kids

You will find a jar of beans at the Member Services Desk in the store now through February. The person who comes closest to guessing how many beans are in the jar without going over will win a \$25 store card.



we believe in beans

**Bean or Bag?**

**Do you know what happens to beans in the jars?**

To get the weight of one bean, we counted 1,000 beans, weighed them and then divided by 1,000.

To figure out how much money to give to each Beans for Bag donation, we take the total weight of the beans in one jar, divide it by the weight of one bean, and then multiply it by 5 cents.

Anyone can nominate their favorite local non-profit organization for a bean jar by filling out a form at MSD.

In 2014, your bean donations gave away \$8,389.85 to 13 non-profits. Of that total, \$4,197.35 was given to the Food Bank which always has a jar for beans.

Thank you for making this program a success and helping feed those in need!

## How Many Can You Guess?

1. What kind of beans do sailors eat?
2. What kind of beans do museum curators eat?
3. What kind of beans do horses eat?
4. What kind of beans do East Europeans eat?
5. What kind of beans do communists eat?
6. What kind of beans do cowards eat?
7. What kind of beans do violins eat?
8. What kind of beans do Martians eat?
9. What kind of beans do crazy people eat?
10. What kind of beans do urologists eat?
11. What kind of beans do track teams eat?
12. What kind of beans do Peruvians eat?
13. What kind of beans do fish eat?
14. What kind of beans are made into hats?
15. What kind of beans are good for your bones?
16. What kind of beans does the sun eat?
17. What kind of beans do flamingos eat?
18. What kind of beans do rabbits and frogs eat?
19. What kind of beans go with peanut butter?
20. What kind of beans go with bread?

ANSWERS: 1) Navy, 2) Wax, 3) Pinto, 4) Pole, 5) Red, 6) Yellow, 7) String, 8) Green, 9) Garbanzo, 10) Kidney, 11) Runner, 12) Lima, 13) Coral, 14) Velvet, 15) Marrow, 16) Corona, 17) Pink, 18) Jumping, 19) Jelly, 20) Butter.

## Do you know your beans?

- |                |                           |
|----------------|---------------------------|
| 1. __ Black    | a. small, maroon          |
| 2. __ Fava     | b. tan, heart-shaped      |
| 3. __ Aduki    | c. also turtle bean       |
| 4. __ Garbanzo | d. maroon & white marbled |
| 5. __ Lentil   | e. round, green           |
| 6. __ Navy     | f. disc shaped            |
| 7. __ Anasazi  | g. large, brown           |
| 8. __ Mung     | h. small, white           |

Answers: c, g, a, b, f, h, d, e

"The way to get started is to quit talking and begin doing." – Walt Disney

# CO-OP = Community



KATHIE MEYER, Outreach/Education/Marketing Manager

**A**s you may already know, a portion of the Co-op's annual budget is set aside to support local non-profit organizations. This is above and beyond Beans for Bags donations and what we donate to the Food Bank. Of all of my job duties, administering this money is my greatest privilege because I believe the impact is enormous.

For instance, for the last two years, the Food Co-op has been a sponsor for the Jumping Mouse "Hearts in Bloom" fundraising dinner in February. I have attended the dinner myself for three years, and I cannot tell you how it touches me when I hear how our community ensures that our children have a place to go when they need mental health counseling. I am so committed to this organization that I donate money from my own pocket, and have decided to increase the store's sponsorship to the next level this year.

Another place we made a difference in 2014 was at the Boiler Room. Through careful budgeting and a lot of hard work, there was enough money left over in the budget at the end of the year to give a \$2,000 boost to the Boiler Room. Again, caring for our youth is one of the most important things we do. The Boiler Room's "free food" mission made the gift a no-brainer.

We also gave fruit and snacks to the Port Townsend Rec Center because we were told that on "early release" Wednesdays, a lot of kids were coming there without having anything to eat. We give virtually the same kind of snacks to the kids who take classes through the school district at the Northwest Maritime Center too.

For the second year in a row, we've given the Port Townsend Head Start kids money for organic milk. In 2014, we added a 25 lb. bag of organic oatmeal. I have asked the Jefferson County Farmers Market to kick in tokens for carrots, and when the market is out of season, we'll cover the rest.

You may have also read in a previous issue of the *Commons* that we are donating broth to the Just Soup program at St. Paul's Episcopal Church.

We give to other organizations too, in big ways and in small. In fact, I have a hard time thinking of one non-profit that we do not support in some way whether you see our name out there or not. Your shopping at the Co-op makes this happen, and we are always grateful for your loyalty.

These gifts fall directly in line with the education/outreach/advocacy component of the Co-op's Strategic Plan. We hope that our example inspires other individuals and organizations to step forward and do the same because, unfortunately, we can't do it all (even though I wish we could!). Donations such as these also fall in line with the Rochdale Principle titled "concern for the community."

And what would happen if we didn't make these donations? Would the price of food go down? Maybe. But the amount would be so miniscule – I'm guessing about one tenth of a penny per dollar you spend – that you would not feel the impact in the least.

But the kids mentioned above? They would feel it a lot.

There will be more to come in 2015. We so appreciate your loyalty that it will not go unrewarded either. We are close to rolling out a new program that gives back to shoppers when they buy certain local items. We are also very close to unveiling a new list called "Co-op Cents-ibles" which are common shopping items like eggs and milk that we will sell at the lowest possible profit margin. The details of both programs are coming soon.

Here's to wishing a Happy New Year to all of our member/owners. We are truly "stronger together" and each and every one of us makes a huge difference just by being here. I truly believe that because I can see the effects already.

"May all nurture their children and grandchildren properly and be blessed with 100 years of healthy life." – Rig Veda

# Protein

JAN TOBIN, Wellness Manager

Protein is referred to as the building blocks of the body. High quality protein must be part of any diet because of its overwhelming importance to physical and mental growth and wellbeing. There are six important functions that protein address:

■ **Repair and Maintenance:** Protein is vital for development and repair of body tissues. Hair, skin, muscles, and organs are all made from protein.

■ **Energy:** When more protein is eaten than the body needs for repair and maintenance, the body uses it for energy. If there is enough energy from other food sources such as carbohydrates, protein is used to create fat and is stored in fat cells.

■ **Hormones:** Protein is involved in creating many hormones. Hormones help control body functions which involve the interaction of several organs. Examples are insulin which controls blood sugar, and secretin that assists in the creation of digestive juices. Hormones are used to communicate between organs and tissues to regulate physiological and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

■ **Enzymes:** Enzymes are proteins involved in the most necessary chemical reactions in the body. Creating DNA is one example.

■ **Transportation & Storage of Molecules:** Protein is a major element in transportation of molecules. An example is hemoglobin, a protein that transports oxygen throughout the body.

■ **Antibodies:** Protein forms antibodies that help prevent infection, illness, and disease. These proteins identify and assist in destroying antigens such as bacteria and viruses and often work in conjunction with other immune system cells.

## Complex substances

Proteins, our most complex substances, are made up of varying combinations of nitrogen-containing amino acids. There are 20 different amino acids that are important to the body. These 20 combine together in hundreds of intricate chemical patterns to create a variety of complex protein structures. The body has the ability to make its own building blocks out of whatever amino acids are on hand. Some of these amino acids are only available in food. These must all be present to build the body properly, all the time, or the body will not stand up over time.

Of the 20 required amino acids, eight are called essential (nine for children) since the body cannot make them. These amino acids must come

**Adults in the U.S. are encouraged to get 10-35 percent of their day's calories from protein foods. That's about 46 grams of protein for women, and 56 grams of protein for men. According to the Center for Disease Control, it's not hard to get the right amount if you eat two to three servings of protein-rich food per day.**

**Here is a good guideline:**

**\* A small 3-ounce piece of meat has about 21 grams of protein. A typical 8-ounce piece of meat could have over 50 grams of protein.**

**\* One 8-ounce container of yogurt has about 11 grams of protein.**

**\* One cup of milk has 8 grams of protein.**

**\* One cup of dry beans has about 16 grams of protein.**

from our diets. The other 12 can be manufactured by the body. We need different amounts of amino acids at different ages. Infants, children, and pregnant women need the most protein. Protein deficiency at a young age cannot be made up later in life.

When a food contains all of the essential amino acids, it is called a "complete protein." Meat and dairy are complete protein foods. A major benefit of raising animals on pasture is that their products are healthier for you. For example, compared with feedlot meat, meat from grass-fed beef, bison, lamb, and goats has less total fat, saturated fat, cholesterol, and calories. It also has more vitamin E, beta-carotene, vitamin C, and a number of health-promoting fats, including omega-3 fatty acids and "conjugated linoleic acid," or CLA.

Eggs, another complete protein, are the most nutritious and least expensive protein source at the grocery store. One egg provides about 11 percent of daily protein requirement containing every vitamin, mineral, and natural antioxidant the body needs. Many in the forefront of anti-aging research believe that moderate egg consumption of one per day should be an integral part of a complete anti-aging diet. No relationship between egg intake and coronary heart disease incidents has been found

Protein from plant sources do not contain all the essential amino acids that our bodies need making it critical for vegetarians and vegans to mix up proteins and eat a variety of whole grains, nuts, legumes, fruits, and vegetables to ensure getting all the amino acids

the body needs at the right time. For instance, beans may be combined with corn, nuts, rice, seeds, and wheat to be complete. A peanut butter and jelly sandwich made with whole wheat bread is a complete protein combination.

If you are getting your essential amino acids from supplements, remember to take them with juice or other liquids besides milk or other high-protein food. Otherwise, the amino acids compete for the same receptor points.

The evidence is clear. For long, healthy lives, pick protein!



"There is nothing like staying at home for real comfort." – Jane Austen

# January

Check [www.foodcoop.coop/calendar](http://www.foodcoop.coop/calendar) for a more complete listing of Co-op events, meetings, and classes.



Happy  
New Year!

**17, Saturday Class**  
New Year's  
Healthy Eating  
2-3:30pm, Market Kitchen

**20, Tuesday**  
Knife  
Sharpening  
3:30-6pm, Co-op Alcove

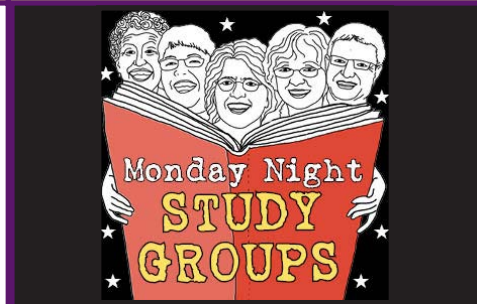
**22, Thursday Class**  
Special Order  
Made Easy  
7pm, Co-op Annex

**24, Saturday Class**  
Weight Loss  
Helpers  
2-3:30pm, Market Kitchen

Take A  
Cooking  
Class!



**26, Monday Study**  
What Does It Mean  
To Be A Co-op?  
6:30-8:30pm, Co-op Annex



# February

**3, Tuesday Meeting**  
Board of  
Directors  
5:30-8:30pm, Co-op Annex

**2, Monday Study**  
How Can We Be  
Ethical Consumers?  
6:30-8:30pm, Co-op Annex

**7, Saturday Class**  
Natural  
Sweeteners I  
2-3:30pm, Market Kitchen

**9, Monday Study**  
How Can We Be  
Ethical Consumers?  
6:30-8:30pm, Co-op Annex

**16, Monday Study**  
How Can We Be  
Ethical Consumers?  
6:30-8:30pm, Market Kitchen

**19, Thursday Class**  
Special Order  
Made Easy  
7pm, Co-op Annex

**21, Saturday Class**  
Natural  
Sweeteners II  
2-3:30pm, Market Kitchen

**23, Monday Study**  
How Can We Be  
Ethical Consumers?  
6:30-8:30pm, Co-op Annex

# March

**3, Tuesday Meeting**  
Board of  
Directors  
5:30-8:30pm, Co-op Annex

**7, Saturday Class**  
Changing Tastes  
& Seasons I  
2-3:30pm, Market Kitchen

**21, Saturday Class**  
Changing Tastes  
& Seasons II  
2-3:30pm, Market Kitchen

**19, Thursday Class**  
Special Order  
Made Easy  
7pm, Co-op Annex

**15, Sunday**  
Election  
Deadline  
CANDIDATE PACKETS

**15, Sunday**  
Member  
Appreciation Day  
10% OFF ALL DAY



"To begin, begin." – William Wordsworth

# Soup

The smell of soup is the essence of home cooking. It feels good, it restores us, from the French, "restaurer" the origin of restaurant.

The perfect soup spoon is large with an elongated bowl.

## BOWLS

### small

1st course soup (1 cup)

### large

main course soup (1 1/2-2 cups)

### deep

cream/consommés

### shallow

broad-rimmed bowl Chowders/Fish Soup with lots of ingredients

### crock

French Onion- oven proof

### ceramic deep

Asian Soup use with open handled spoon



## BASICS

### 1. Healthy Fat

butter for a creamy soup  
olive oil for a clear or Italian soup  
coconut for a Thai or curry soup

### 2. Base

cream, milk, fish/chicken/beef stock, tomato purée

### 3. Meat or Not

stew? chili? meat balls, shredded chicken? tofu cubes?

### 4. Vegetables

Use what is on hand: onion, garlic, carrot, celery, beans, potatoes, spinach, kale, or corn.

### 5. Spice

Sea salt and black pepper  
**chicken:** celery seed, marjoram, thyme, parsley, and sage  
**beef:** marjoram, rosemary, and thyme  
**tomato:** basil, oregano, or fennel  
**chili:** chili powder, cumin  
**cream soup:** parsley or thyme

## RULES

### 1. Never rush.

Start with cold water and bring it slowly to simmer, never boil.

### 2. Skim the top.

In the first 30 minutes, skim the impurities that rise.

### 3. Fat.

Well-made stock needs little fat, remove the hardened fat layer from the top of cooled stock.

### 4. Flavor.

Too thin stock needs to simmer longer to reduce. Don't over-do the vegetable stock; it gets bitter.

### 5. Size.

Quick stock: use small pieces. Long cooking stocks: use large chunks.

### 5. Ratio.

Water should barely cover ingredients. Too much water = less flavor. High solid to water ratios yields high flavor.

## BROTH

"Broth" is when stock is the main feature of the soup as in chicken noodle.

Exceptions: borscht (beets), oxtail (meat), beans, minestrone, potato leek

## VEGETABLE STOCK

Slice 1 onion, 1 leek, 1 carrot, 1 turnip (smashed), 6 garlic cloves (smashed) & Bouquet Garni

## ROASTED VEGETABLE STOCK

- 400 degrees
- lightly oil roasting pan
- chop up mushrooms, onion, carrot, garlic, turnip
- roast, turning every 10 min. until brown
- remove from pan
- add 1 cup cold water to roasting pan & scrape up flavor
- add 6 cups water, red pepper flakes and garni
- simmer 45-60 minutes
- strain
- season with salt

## BOUQUET GARNI

4" x 4" cheesecloth tied with a string full of herbs: parsley, thyme, Bay leaf, celery leaves or extras; cloves, dill, lemon zest, garlic. Or simply tie a string around a bundle of herbs.

## STOCK

### THE SOUL OF THE SOUP

Stock is a savory liquid full of body & flavor. Classic stock is simmered for many hours with many ingredients. 5 cups vegetables to 6 cups water = 3-4 cups stock.



"The natural sweetness of leeks, with their soft, oniony aroma, makes them the perfect winter comfort food." – Yotam Ottolenghi

# WILL YOU BEET MINE?

BRENDON O'SHEA, Local Cultivator



Growing up, I don't remember eating a lot of beets. Do you remember when you had your first beet? Canned right?! I don't think I had my first beet until I was 18 after I had grown a few feet of them for the first time. But if I had only known then what I know now: I love them!

They are not the most visually appealing nor the sexiest vegetable available for your consumption, but did you know that beets are a nutritional powerhouse? Beets and their tops/greens contain potassium, magnesium, fiber, phosphorus, iron; vitamins A, B & C; beta-carotene, beta-cyanine and folic acid to name just a few.

Beets have also been linked to many health benefits:

## WEIGHT LOSS

Beets taste sweet, but a cup of cooked beet contains only 60 calories and is full of fiber. This is a perfect food for weight management. The sugars in beets are slowly released into your blood stream since they come in a natural whole food form.

## BRAIN & ENERGY BOOST

Beets are high in natural nitrates, which are converted to nitric oxide in the body. Nitric oxide is known to expand the walls of blood vessels so you can enjoy more oxygen, more nutrients, and more energy.

## NATURE'S VIAGRA

One of the first known uses of beets was by the ancient Romans, who used them medicinally as an aphrodisiac. Beets also contain high amounts of boron, which is directly related to the production of human sex hormones.

## SUPER ANTIOXIDANT

Antioxidants help to reverse the daily accumulated wear and tear on the body known as aging. Beets are a very good source of commonly known antioxidants like vitamin C and manganese, but it is their

lesser-known antioxidants which give them their true value. The blood-red color of beets comes from a powerful group of antioxidants called "betalains." There are hundreds of studies on the positive health benefits of betalains (Google it to learn more). Results from studies have shown that they help in the areas of cancer, heart disease, diabetes, and inflammation.

## ANTI-INFLAMMATORY BENEFITS

The inflammatory response is a natural function of the body which saves our lives when it responds to the acute stresses in our lives like bacterial infection and injury. Due to the constant stress in our modern lives, however, this inflammation becomes chronic. Inflammation has been linked to a number of symptoms and diseases including: wrinkles, susceptibility to infections, cancer, arthritis, bronchitis, chronic pain, diabetes, high blood pressure, osteoporosis, heart disease, and candidiasis.

## CANCER PREVENTION

Preliminary tests suggest that eating beetroot can be one of the useful means to prevent lung and skin cancer. Other studies have shown that beet juice inhibits the formation of cancer-causing compounds called nitrosamines.

## DETOXIFICATION & CLEANSING

The antioxidants in beets have been shown to support what is called phase 2 cleansing. In phase 2 cleansing, unwanted toxic substances are chemically combined with a small nutrient group. This combination neutralizes the toxin and makes them sufficiently water-soluble so they can be excreted through the urine. This is therefore deep cleansing on a cellular level that may have long-term health benefits.

## IMPROVED MENTAL HEALTH

The betalains in beets have been used in certain treatments of depression. It also contains tryptophan, which relaxes the mind and creates a sense of well-being, similar to chocolate. Yum, chocolate beet cake!

"A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown."— Denis Waitley

## A BIT OF BEET HISTORY

Beet relatives include chard, spinach, and quinoa. The shape of beet leaves, similar to that of a goose foot, sets this group apart. The table beet's parentage dates back to the prehistoric sea beet, a wild seashore plant native to Europe and North Africa. Up until the 16<sup>th</sup> century, only the leaves were eaten with meals. Early on, beet roots were used for medicinal purposes, but by the 1800s, the roots were cooked and served as a side dish at the dinner meal. As years went on, eating beets gained popularity in Europe which led to American colonists garnering the beet as a staple food crop. Consequently, breeding and cross-pollinating led to varieties touted for their shape, color, size, and ability to store throughout the winter months.



## BEET VARIETIES

There are many different varieties of beets, and all are grown for different reasons. Most are grown for the beet root itself, which comes in a variety of shapes, sizes, and hues. Others are grown for their tops/greens, and others for their storage-ability!

**Red Beets:** The most common and consumed of all the beets available, red beets are a complete package. Grown for both their highly nutritious tops/greens and root, red beet varieties come in a wide array of names: Early Wonder Tall Top, Bull's Blood, Detroit Dark Red, and Early Wonder to name a few.

**Chioggia Beets:** Also known as "Candy Striped," Chioggia beets have a beautiful flesh of red and white concentric circles under its cherry red skin. They have a lighter, sweeter flavor than other varieties. They are great for salads, stews, or soups as they do not bleed onto other vegetables.

**Golden Beets:** Like Chioggia, Golden Beets impart a lighter, sweeter beet flavor. Tops/greens are a rich, green color while their yellow roots retain their color once cooked. Touchstone Gold is a favorite variety.

**Cylindrical Beets:** This variety of beet offers you a long, straight, uniform-shaped root. Cylindra is the most common variety available. These beets are tender once cooked, full of flavor, and when sliced they are all uniform in size. This is my most favorite beet!

## EASY WAYS TO ENJOY BEETS!

- 🌀 Grate beets and toss with orange juice and extra virgin olive oil.
- 🌀 Toss grated raw beets with a little raspberry juice blended into yogurt.
- 🌀 Sauté greens with onion and garlic, add lemon juice, tamari, and a dash of sesame oil. Sprinkle with sesame seeds and serve over jasmine rice.
- 🌀 Steam beets, then marinate in balsamic vinegar. Chill and serve over salads.
- 🌀 Cube beets and bake or slow roast at 350° with olive oil until fork-tender.
- 🌀 Sprinkle with sea salt and freshly ground pepper.
- 🌀 Add a teaspoon of vinegar to 4 to 6 ounces plain yogurt, add a bit of honey or agave nectar, salt and pepper. Serve over steamed or roasted beets.
- 🌀 Purée steamed beets with orange juice and balsamic vinegar, agave nectar, a pinch of cayenne and sea salt. Mix in roasted, chopped pecans.

## BEET HEARTS

### Ingredients:

- 2 medium beets
- 1/2 Tablespoon vegetable oil
- 1/4 cup Mystery Bay Chevre cheese
- fresh chives

### Directions:

- ♥ Preheat oven to 400°F.
- ♥ Rub beets in oil, wrap in foil & roast for an hour or until fork tender in the center; remove from foil & cool.
- ♥ Peel skins from beets by just rubbing with your fingers- don some rubber gloves unless you don't mind red fingers!
- ♥ Slice the beets into rounds about an inch thick; using a small heart-shaped cookie cutter, cut into each beet slice.
- ♥ Transfer slices to individual serving plates, top with crumbled Mystery Bay Chevre & garnish with chives.

Makes two servings.

"Comfort food...so simple." – Alan Wong